

Spring Holiday and Social Gatherings

While our COVID-19 metrics are improving, we must continue to be careful. Attending gatherings, such as holiday celebrations or events, increases your risk of getting and spreading COVID-19. Your safest option continues to be attending events virtually or celebrating with members of your household.

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IF YOU DO GATHER:

- ✓ Avoid high-risk settings; such as indoor settings, crowded areas and settings that involve increase respiratory effort (e.g., singing, yelling, laughing or exercising vigorously).
- ✓ Stay outside and 6 feet apart from others who are not members of your household.
- ✓ Always practice the 3 Ws (Wear, Wait, Wash) whenever you go out.
- ✓ If you leave home, bring extra cloth face coverings (do not share or swap with others), tissues and hand sanitizer with at least 60% alcohol whenever possible.
- ✓ Get your COVID-19 vaccine as soon as available Find your spot to take your shot at MySpot.nc.gov.

FOR SAFER HOLIDAY EVENTS, CONSIDER:

- ✓ Enjoying traditional meals with those in your household.
- ✓ Practicing religious holiday customs at home.
- ✓ Preparing and delivering a meal to a neighbor.
- ✓ Watching virtual religious and cultural performances.
- ✓ Attending religious ceremonies virtually.

